

Suzy's World

Skeleton - What is a skeleton?

Fact

- A skeleton gives support to the soft tissue of your body. If we didn't have a skeleton we would be wobbly jelly blobs that would find it hard to move.
- Animals that have a skeleton inside their body are called vertebrates. Those that have a protective layer outside their body and no bones inside are called invertebrates.
- An adult has 260 bones all joined together to make a skeleton.
- Your bones are living tissue and keep growing until we are in our mid to late teens.
- Our bones need calcium (from dairy products) vitamin D (from sunlight) and exercise.



Do you know

- The longest bone in your body is your thighbone.
- The smallest bone in your body is inside your ear.
- Your muscles pull on your bones to move them and make your body move.
- The length of your foot is the same as the length of forearm (the bit between the elbow and the wrist). Measure them and see.

Experiments you can do

Press gently on the skin around your knees, elbows and shoulders. These are a few of the places on your body that you can easily feel your bones. Where else can you easily feel your bones? Your skull is made of bone. Feel around your head to find out how the bone is shaped. Follow your jawbone back to just below your ears and feel it open and close.



Other Investigations

Move your arms and legs. Sit on a chair and swing your lower leg from the knee down. Your leg is moving like a lever. The muscles pull on your bones to move them.

Now go floppy like a rag doll. Relax all your muscles. You'll never be able to make your body like a real rag doll because a rag doll doesn't have any bones so you can bend it's body anywhere.

Jokes

What do you call a skeleton that sleeps all day? Lazy bones.